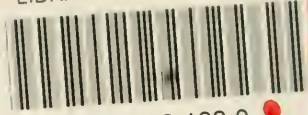


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Official Bulletin issued by
Shasta County Com-
mittee of the Council of
National and State
Defense

Containing Menus, Recipes and Suggestions for
the use of those Materials which will conserve
Food following the directions of the National
Food Administration

Approved by

MISS CHARLOTTE EBBETS

State Chairman of Home Economics

MRS. ROBERT J. BURDETTE

State Chairman of Food Administration

FOREWORD—TO HOUSEWIVES:

There is nothing new or original in this booklet. It has been compiled by Housewives For Housewives from authoritative sources. It gives in compact form what seems to us for the moment to be the most timely food information.

The ability of our armies to endure the trying times ahead will depend in a measure upon the efficiency and adaptability of American women.

It is a compliment to our intelligence as well as to our patriotism to ask us to understand and practice the substitution of a seldom-used food for one often used without affecting the total food value of the meal. The thought and study involved in such substitution is a patriotic contribution for women toward winning the war.

The patriotic housewife of today will make it her business to read market reports of food-stuffs in the daily papers as well as the Food Administration literature, in which she will find information about "WHAT SHALL WE EAT?"

The wheat, fat, sugar, condensed milk, which our allies need,

The wheat, bacon, beef, tinned goods, which our army requires,

The lamb for wool,

The difficulties of transportation to this coast when cars are needed for moving troops and equipment,

The time when a new crop comes in,

The time when a big order for certain food for the allies must be filled.

All play their part in determining which foods we should save.

The Food Administration, in touch with all varying conditions, will keep housewives who have signed a food pledge informed of what is expected of them.

Accurate and economical purchasing of war food depends on:—

- (1) Knowledge of food needs of each member of family.
- (2) Knowledge of food values, food substitutes.
- (3) Menu planning.
- (4) Estimates of amount of food in standardized measurements.

SUGGESTIONS FOR MENUS

The housekeeper should know how to substitute for wheat and meat new and unusual foods, and yet have palatable, nourishing, well balanced meals. The three groups of food, suggested below, building, fuel, and regulating foods, should be included in the meals for each day.

A—Building Foods:

1. Proteins:

Milk and eggs for children.

Meat or its substitutes, as milk, cheese, beans, peas, lentils, nuts, at least once a day, for adults.

B—Fuel Foods:

1. Fats in some form at every meal:

a. A choice of butter, oleomargarine, egg yolk; olive or cottonseed (salad) oil; Crisco; or vegetable; meat fats, as lard and drippings; or the mixtures, as califene, cottolene, or compound lard.

b. Nuts, olives, and soy beans.

2. Starches, two or three times a day:

In place of wheat starch use:

a. For breakfast, cereals, rolled oats or oatmeal, cornmeal, cornflakes, popcorn or puffed corn; rice, riceflakes or puffed rice; barley meal.

b. For vegetables, instead of macaroni products, brown or white rice, hominy, cornmeal or potatoes.

c. For bread, corn breads, or instead of part of patent flour, use graham flour, rice flour, cornmeal or corn flour, oatmeal, rolled oats, rye flour, barley flour, soy bean flour, or cottonseed flour.

3. Sugars two or three times a day:

White or brown sugar or their substitutes, such as honey, molasses, fruit and corn syrup; sweet fresh fruit, or dried fruit, as figs, raisins, dates, prunes.

C—Regulation Foods:

1. Cellulose, once or twice a day:

A choice between celery, radishes, root vegetables, greens salad plants, cabbage, bran of grains, including whole grain products, such as rolled oats, cracked wheat, brown rice, graham flour and the skins of fruit and vegetables.

2. Mineral matter at least once a day:

Fruit and vegetables.

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CHILDREN'S MENUS

Suggested Menus Suitable for Various Ages up to Ten Years

Build children's menus around milk and milk dishes. Even at present high prices, it is the cheapest source of protein for them.

AGE	6 A. M.	10 A. M.	2 P. M.	5 P. M.
16 months	Milk 1 cup or bottle 8-oz.	Strained cereal and 1 cup milk.	Chicken broth, $\frac{1}{2}$ baked potato, spinach, milk 1 cup.	Milk 1 cup
22 months	Milk one cup.	Coddled egg, toast, milk 1 cup.	Lamb broth with rice, asparagus tips, prune juice and pulp.	Milk 1 cup with mush or zwieback.

AGE	BREAKFAST	DINNERS	SUPPERS
2 to 3 years	Apple sauce Cream of Wheat or coddled egg, 1 cup milk, toast and butter.	Bread and butter, broiled lamb chop baked potato, carrots finely mashed, Floating Island.	Milk toast or mush and milk, 1 cup milk to drink.
3 to 6 years	Stewed apricots, oatmeal and milk or coddled egg, toast and butter, milk to drink, 1 cup.	Broiled hamburger steak or boiled Halibut with cream gravy, baked or mashed potatoes, string beans or boiled onions, chocolate pudding.	Bread and milk or milk vegetable soup with croutons sponge cake, milk to drink.
6 to 10 years. Note large amount of protein food to prepare for second dentition.	Raw apple, poached egg on toast, corn bread, milk to drink.	Bread and butter, roast beef, creamed macaroni, green peas, orange jelly, bread pudding.	Rice with milk and sugar stewed peaches and gingerbread, milk to drink (bread and butter if desired, also).

If children eat with the family at the night meal, give them the vegetables and simple dessert omitting the meat and substituting milk.

BODY NEEDS (Measured in Calories)

MARY SCHWARTZ ROSE.

A Calorie is amount of heat necessary to raise 1-lb. of water 4 degrees Fahr., or to make a teaspoonful of water boil.

- 3,500 Calories daily for active adult men.
- 2,500-3,000 Calories daily for active adult woman.
- 2,500-3,000 Calories daily for youth, 14-19 years.
- 1,000-2,500 Calories daily for child, 2-6 years.
- 1,000 Calories daily for child, 2-6 years.

Limited space does not permit the publication in this Booklet of a table of 100 calorie portions. Further information on food values will be published as a separate Bulletin.

ADULT MENUS FOR ONE WEEK OF WAR FOODS

The numbers refer to the numbered recipes in Recipe Chart.

SUNDAY

Breakfast

Apples
Rolled Oats, top milk and sugar
Honey Syrup
Corn Bread—20
Coffee, Cocoa or Milk

Lunch or Supper

Toasted Rye Bread
Baked Petaluma Cheese—53
Orange Marmalade
Hoover Cookies—78
Chocolate

Dinner

Clear Vegetable Soup
Chicken Fricassee with Rice
Braised Celery—39
Rye Bread—34
Orange Water Ice
War Chocolate Cake—75

MONDAY

Stewed Figs
Cream of Barley
Oatmeal Muffins—24
Coffee or Milk

Rice Croquettes—51
Cheese Sauce
Spinach
Oatmeal Bread—33
Spice Cake

Onion Soup au gratin—6
Virginia Corn Bread—20
Soy Beans and Rice—56
Scalloped Carrots—41
Fruit Cocktail
Oatmeal Cookies

TUESDAY (Meatless)

Baked Apples with Raisins
Cornflakes
Buckwheat Gems—29
Eggs a la Mornay—54
Coffee or Cocoa

Clam Bisque—18
Gnocci a la Romain—52
Fruit Salad
Honey and Butter
Bran Muffins

Combination Vegetable Salad
Baked Fish—16
Baked Potatoes
Entire Wheat Bread
Economy Pudding—68

WEDNESDAY (Wheatless)

Oranges
Cornmeal Mush
Toasted Oatmeal Bread—33
Rhubarb
Marmalade
Coffee or Milk

Kedgeree (fish)—14
Sour Milk Cornbread—21
Honey
Tapioca Cream Pudding—73
Tea or Milk

Split Pea Roast—63
Tomato Sauce—61
Beets—38
Barley Bread—37
Baked Fruit
Bran Cookies

THURSDAY

Sliced Bananas
Cooked Bran with Dates
Eggs a la goldenrod
Oatmeal Muffins—24
Coffee or Cocoa

Soup Soubise—5
Crouton Dried Bread
Hominy, baked with cheese—48
Stuffed Dates and Raisins

Gardener's Wife Soup—4
Turkish Pilaf—50
Beet Top Greens
Rice Wheat Bread
Pineapple and Neufchatel cheese salad

FRIDAY

Prunes
Hominy
Creamed Fish—16
Toasted Rice-Wheat Bread—35
Coffee or Chocolate

Devilled Crab—19
Potato
Oatmeal Bread—33
Stuffed Dates—110

Cioppino—9
Potatoes au gratin
Turnips
Berries
Sponge Cake—76

SATURDAY

Apple Sauce
Graham Flour Mush
One Egg Muffins
Coffee or Milk

Cream Soup
Nut Loaf—59
War Muffins—31
Peach Marmalade

Red Kidney Beans with Spaghetti—47
Sweet Potatoes—43
Cauliflower
Chocolate Cereal Pudding—72

CEREALS

The cheaper the diet when cereals play a greater part.

Cereals	Boiling Water	Salt	Time of Cooking
Oatmeal.....1c	4c	2 teaspoons	4 hours.
Rolled oats.....1c	2½c	2 "	½ hour.
Farina.....1c	4c	2 "	½ to 1 hour.
Graham flour.....1c	3c	1 "	½ to 1 hour.
Cornmeal.....1c	4c	1 "	3 hours.
Hominy.....1c	4c	1 "	4 hours.
Rice.....1c	8c	1 "	20 min., drain dry.
Rice, steamed.....1c	3c	1 "	50 minutes.

Use double boiler or fireless cooker. A cereal which will lump easily (like graham flour or cornmeal) should be mixed first with cold water. Boil five minutes directly over the fire before putting in lower rack of fireless cooker or double boiler. Figs, raisins or dates chopped may be added.

BUTTER SUBSTITUTE—1

1-lb. kidney suet cut into small pieces—place in clean kettle. Add ½ cup cold water, render over a slow fire, strain off liquid fat. To 1 cup of the liquid fat allow 1 cup cottonseed oil and ½ teaspoon salt. Beat as it cools until it is thick and white. Use for frying or as a substitute for butter. This costs about 34 cents altogether and makes 2½ lbs. of good wholesome fat.

Do Not Serve in One Meal

1. Beef, macaroni and cheese, and baked beans.

2. Rice, cooked in milk; poached egg with creamed chipped beef on toast, popovers and milk.

3. Pork, fried potatoes, suet pudding with hard sauce.

4. Cream-of-tomato soup, mutton chops, creamed potatoes, salad with mayonnaise dressing, and whipped cream dessert.

5. Sliced bananas with cream, corn cakes with maple syrup, rolls or toast and cocoa.

6. Curried chicken with rice, mashed potatoes, sweet potatoes, beets, biscuits, cake and ice cream.

Because you would have too much protein.

Because you would have too much fat.

Because you would have too much starchy and sweet foods. Both are heat producing, but not muscle-building.

Each meal should have contrast and variety, both as to the foods served, and the way in which they are served.

POT-HERBS AND SIMPLE FLAVORINGS

Parsley, chives, tarragon, thyme, chervil and mint are easy to grow, and, used judiciously, add "snap" to otherwise plain fare.

Grated lemon rind for sponge cake, and grated orange peel for blanc-mange and gelatine sponges.

Peach leaves give custards a flavor not unlike that of almonds, and the meats of apricot pits are also good in puddings, if used sparingly.

When the vanilla bean has been used a number of times it may be cut into small pieces and mixed with sugar. When it has stood for several days, the sugar may be used in desserts.

SOUPS

CORN CHOWDER—2

1 can corn; ½ cup oil; ½ cup onion, sliced; 4 cups potatoes, cut in ¼-inch slices; 4 cups scalded milk; 2 cups boiling water; 8 common crackers; 2 tablespoons oil, or other fat; 1½ teaspoon salt-pepper. Heat oil, add onion until yellow, strain into stew pan. Parboil potatoes 5 minutes in boiling water, cook till potatoes are soft, add corn and milk which have been heated thicken with flour and butter. Put crackers on top.

Put California Raisins in your Cereal and save Sugar for Uncle Sam.

CEREAL SOUP—3

Cook cereal in water in usual way. Put through colander, add enough milk for right consistency and season with salt and pepper.

GARDENER'S WIFE SOUP—4

2 cups chopped cabbage, 1 small head shredded lettuce, 1 chopped beet, $\frac{1}{2}$ cup diced turnip, 1 cup diced potatoes, 1 quart water, Monterey cheese, croutons, $\frac{1}{2}$ cup chopped celery, 1 cup fresh peas (if convenient) 1 teaspoon salt, $\frac{1}{8}$ teaspoon butter, 1 quart stock.

Add salt, pepper and butter to the water, put in the vegetables and simmer until thoroughly cooked, add more water if necessary. Turn in the stock, which should be well seasoned and serve with croutons and Monterey cheese.

HEARTY SOUPS**SOUP SOUBISE—5**

1 large Spanish onion or 3 ordinary onions, 2 cups cold water, $1\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 1 quart milk or soup stock, 2 teaspoon butter, 2 teaspoon constarch.

Slice onion and cook 20 minutes in water, press through colander into double boiler in which is the thickened hot milk. Strain and serve.

ONION SOUP AU GRATIN—6

1 large onion or 3 small ones (sliced thin, 1 tablespoon oil or dripping, 4 cups soup stock, 6 cups round crackers, $\frac{1}{4}$ cup grated cheese, 1 teaspoon salt, 1 teaspoon pepper, 1 teaspoon Worcestershire.

Cook onion in the fat until softened, then cook 20 minutes in the stock. Put in cups set in pan of boiling water. Drop one cracker sprinkled with cheese in each cup. Set in oven to melt cheese. Serve in the cups.

MEAT SOUP WITH CEREAL AND VEGETABLES—7

$2\frac{1}{2}$ lbs. soup beef, 1 cup barley or oatmeal, 2 tablespoons onion, 2 tablespoons celery leaves or parsley, 2 cups turnips or cabbage, 2 cups carrots or celery root, salt and pepper to taste.

Choose soup meat $\frac{3}{4}$ lean meat rest bone with a little fat. Cover meat with cold water and allow to cook slowly below the boiling point for six hours. Add cereal two hours before serving. Vegetables 1 hour before serving.

SOY BEAN SOUP—8

Bacon, 1 cup tomatoes (canned or fresh), salt, pepper (garlic, if desired), 1 cup soy beans, 1 onion, 2 small carrots, 1 stalk celery, $\frac{1}{4}$ -lb. salt pork.

Pick over and wash beans, and soak over night; drain and cook until soft (about three hours) in water with the pork cut in small pieces. Mash and force them through a sieve together with the tomatoes. Add the carrots cut in shreds and the celery cut fine. Add one quart of water and cook until the vegetables are soft. Add salt and pepper to taste. If too thick add more water.

With these hearty dishes use light salads or desserts, bread and butter.

Makes a complete meal.

FISH

Crab season closes in August and opens in November.

Trout season closes in October and opens in June.

Salmon season closes in September and opens in November.

Striped bass season closes in September and opens in November.

Perch in all other months in the year, except May, in market.

CIOPPINO—9

(Italian Fish Stew)

2 pounds of fish together with ingredients in this recipe will be enough for four to five people. Use a solid, firm fish, such as large sole, striped bass, chili pepper, boccaccio or rock cod. Do not use salmon or halibut.

Take one good sized onion, chop up fine; put in pot with a little olive oil or butter and cook to a golden brown. Take pot off fire and add a little chopped parsley and garlic and then let cook about five minutes with slow fire, then take pot off fire and place fish in pot piece by piece, about an inch thick, and add four medium sized, good, ripe tomatoes, chopped up or canned tomatoes to equal same; stir gently so as to mix ingredients with fish. Put on stove again and let cook twenty to twenty-five minutes with moderate fire. Season with salt and pepper to your own taste. Do not stir fish while cooking. (To be cooked in a pot that is used for boiling or stewing.)

BAKED FISH—10

Take whatever fish may be desired and place in baking pan. Chop up a little onion, garlic parsley and tomatoes and spread over fish; then moisten with a little olive oil or butter and bake in moderate oven for about 20 minutes. (This recipe will be found very good for small sole, rex sole, or sandabs). Add salt and pepper to taste.

SKATE—11

Take enough skate, according to your needs, and put in pot of boiling water with plenty of salt. Boil for about 20 minutes, then take skate out and place in a large platter; chop up a little garlic and parsley and sprinkle over fish; then season with paprika and a little vinegar and serve with pieces of lemon.

FISH TIMBALES—12

Cook 1 tablespoon butter, 1 tablespoon flour thoroughly, add 1 cup milk, $\frac{1}{2}$ teaspoon salt, dash cayenne, 1 teaspoon lemon juice, 1 teaspoon minced parsley; add 1 cup minced fish. When boiling remove from the fire, add 3 egg yolks, slightly beaten, beat until cool, fold in 3 egg whites, beaten stiff. Fill moulds $\frac{2}{3}$ full. Bake 15 or 20 minutes and turn out and serve at once.

SCALLOPED SALT FISH—13

$1\frac{1}{2}$ cup cooked shredded fish, 2 cups thin white sauce (well seasoned), 3 cups bread crumbs (moistened with butter or other fat). Fill a baking dish with alternate layers of fish and crumbs. When baking dish is nearly filled pour over white sauce and cover with bread crumbs. Bake until crumbs are brown, chopped pimiento or small green peppers may be added to shredded fish.

KEDGEREE—14

Cook 1 tablespoon of chopped green pepper in 2 tablespoons oil for 5 minutes, then add 6 tablespoons of strained tomato juice, 1 cup cold cooked fish, 1 cup boiled rice, 2 hard boiled eggs cut fine, $\frac{1}{2}$ teaspoon salt and dusting of pepper. Cook 5 minutes and serve on slices of toast.

TO USE LEFT OVER COOKED FISH

SCALLOPED FISH—15

Free from skin and bones, flake it, put in greased baking dish or pan, pour over it a white sauce, then a second layer of fish, then sauce to moisten. Cover the top with greased bread crumbs (stale) and bake until the crumbs are brown.

FISH A LA CREME—16

4 to 6 lbs. of fish, 1 cup cracker crumbs moistened in $\frac{1}{2}$ cup melted fat, 1 to 1 $\frac{1}{2}$ pints of cream sauce, 2 tablespoons grated cheese.

Make as for scalloped dish, using the cracker crumbs to spread over the top after combining them with the grated cheese. Brown in oven. Do not mash the fish or get it too moist.

FISH PUDDING—17

1 cup fresh bread crumbs, 2 tablespoons butter substitute, 2 eggs, $\frac{1}{2}$ lbs. white, 1 table-spoons chopped parsley—white sauce (use cornstarch), 1 cup milk, salt and pepper to taste, 1 teaspoon lemon juice. Boil fish, remove skin and bones and chop it. Add crumbs, parsley, seasoning, milk, melted butter substitute and eggs, well beaten; turn into greased mold, cover with greased paper, steam 1 hour, turn out on a hot dish, pour white sauce over.

SHELL FISH

CLAM BISQUE—18

1 dozen clams chopped fine, 1 slice of onion, $\frac{1}{2}$ bay leaf, 1 tablespoon drippings, 1 table-spoon cornstarch, 1 pint soup stock, $\frac{1}{2}$ teaspoon salt, 2 drops tabasco, 1 teaspoon Worcestershire, 1 pint hot milk.

Drain liquor from clams, boil, skin, strain, add to clams, simmer 3 minutes, add to flavored stock, when boiling add clams and serve. Could be made with oysters or crabs, thickening with rice poured through sieve.

DEVILLED CRABS—19

Flour 1 cup white sauce with $\frac{1}{2}$ teaspoon each of salt, mustard; either 2 teaspoons grated cheese or 1 tablespoon lemon juice, 2 drops tabasco sauce, 1 teaspoon parsley, $\frac{1}{2}$ teaspoon Worcestershire. Add flaked crab.

FISH CHOWDER—19-A

Rabbit, fowl, or any meat may be used instead of the fish, or tomatoes instead of milk. Carrots may be omitted.

1 $\frac{1}{2}$ pounds fish (fresh, salt, or canned); 9 potatoes, peeled and cut in small pieces; 1 onion, sliced; 2 cups carrots cut in pieces; $\frac{1}{4}$ pound salt pork; 3 cups milk; pepper; 3 tablespoons flour.

Cut pork in small pieces and fry with the chopped onion for five minutes. Put pork, onions, carrots, and potatoes in kettle and cover with boiling water. Cook until vegetables are tender. Mix three tablespoons of flour with one-half cup of the cold milk and stir in the liquid in the pot to thicken. Add the rest of the milk and the fish which has been removed from the bone and cut in small pieces. Cook until the fish is tender, about 10 minutes. Serve hot. You can omit salt pork and use a tablespoon of other fat.

LIBERTY BREADS TO SAVE WHEAT

Tested Recipes Enable Cut in Use of White Flour.

OTHER CEREALS ARE USED

Cornmeal, Oatmeal and Barley found to be good substitutes in making excellent breads.

The world needs wheat. It is depending on the United States and Canada for its supply. America must divide what she has with the other nations. To enable her to save sufficient wheat, experts have perfected Liberty breads, each loaf of which saves from 20 to 35 per cent of the amount of wheat flour usually used.

To freshen stale bread, dip it in cold water quickly, and rebake in a medium hot oven. Gems or rolls are easily reheated in a paper bag and are much more wholesome and digestible than freshly cooked hot bread.

QUICK BREADS

VIRGINIA CORN BREAD—20

1 tablespoon sweetening, 2 tablespoons shortening or fats, $\frac{1}{2}$ cup milk, 4 teaspoons baking powder, $\frac{1}{4}$ cup flour, $1\frac{1}{2}$ cups corn meal, 1 egg, 1 teaspoon salt.

Put milk in saucepan and let come to boil. Remove from fire, stir in cornmeal quickly. When lukewarm add salt, beaten egg yolk, baking powder and beaten white of egg. Put in hot well greased baking dish, bake in quick oven until brown.

SOUR MILK CORN BREAD—21

$1\frac{1}{2}$ cups melted lard, 1 pint sour milk, $\frac{1}{4}$ teaspoon powder, $\frac{3}{4}$ teaspoon soda, 1 egg, 1 pint cornmeal, $\frac{1}{2}$ teaspoon salt.

Slightly beat egg, add milk, salt and soda. Stir in meal, beat well and add melted lard and baking powder. Bake in hot greased pan, in moderate oven for $\frac{3}{4}$ hour.

NUT BREAD—22

$\frac{1}{2}$ cup sugar, 1 cup rolled walnuts, 2 cups milk, 4 teaspoons baking powder, 2 cups white flour, 2 cups graham flour, 1 egg, 1 teaspoon salt.

Mix well in greased pan, let stand 20 minutes. Bake in moderate oven about $\frac{1}{2}$ hour.

RYE MUFFINS—23

4 teaspoons sugar, 1 tablespoon butter or other fat, 1 cup milk, 4 teaspoons baking powder, 2 cups rye flour, $\frac{1}{2}$ teaspoon salt.

Mix sugar and butter thoroughly, add baking powder and salt to flour, add milk and flour to sugar and butter alternately. Bake in hot oven 20 minutes.

OATMEAL MUFFINS—24

2 tablespoons of sweetening, 2 tablespoons butter or butterine, $1\frac{1}{2}$ cups milk, 4 teaspoons baking powder, $1\frac{1}{2}$ cups flour, 1 cup cooled oatmeal, 1 egg, $\frac{1}{2}$ teaspoon salt.

Mix and sift dry ingredients, add egg well beaten and half amount of milk. Mix the remainder of milk with cereal, and beat it thoroughly, add the butter. Bake in buttered muffin or gem tins. Bake in moderate oven 30 minutes.

HOMINY MUFFINS—25

1 cup soft boiled or left-over hominy, 1 teaspoon salt, $1\frac{1}{2}$ tablespoons shortening, 1 egg, $\frac{3}{4}$ cup milk, 2 cups corn flour, 4 teaspoons baking powder.

Mix together hominy, salt, melted shortening, beaten egg and milk; add flour which has been sifted with baking powder. Beat well and bake in greased muffin tins or shallow pan in hot oven, 25 to 30 minutes.

RYE AND CORNMEAL MUFFINS—26

1½ cups rye flour, ½ cup cornmeal, ½ teaspoon salt, 1 tablespoon shortening, 4 teaspoons baking powder, 1 tablespoon sugar, ¾ cup milk.

Sift together dry ingredients, add milk and water and melted shortening. Beat well. Bake in greased muffin tins in hot oven, 30 to 35 minutes.

OATMEAL BISCUITS—27

1¼ cups flour, 1½ teaspoons baking powder, ½ teaspoon salt, 2 tablespoons sugar, 1¼ cups oatmeal, 6 tablespoons shortening, ¾ cup water.

Sift flour, baking powder, salt and sugar together. Add oatmeal, melted shortening and enough water to make a soft dough. Roll out thin on floured board; cut with biscuit cutter and bake in greased pan in moderate oven about 20 minutes.

CORNMEAL MUFFINS—28

¾ cup cornmeal, 1¼ cups flour, ½ teaspoon salt, 4 teaspoons baking powder, 2 tablespoons sugar, 1 cup milk, 2 tablespoons shortening.

Sift dry ingredients together into bowl; add milk and melted shortening and beat well. Bake in greased muffin tins in hot oven about 20 minutes.

MUFFINS—BUCKWHEAT—29

1 cup buckwheat flour, 1 cup wheat flour, ¼ cup sugar, 5 teaspoons baking powder, 1 teaspoon salt, 1 egg, 1 cup milk, 3 tablespoons melted fat.

Sift dry ingredients. Beat egg. Add milk and first mixture with melted fat. Bake in greased muffin pans in hot oven, 20 minutes.

MUFFINS—CORNMEAL WITH DATES—30

No Sugar

1 cup white cornmeal, 1 teaspoon salt, 2 tablespoons fat, 1¼ cups milk, 1 cup wheat flour, 4 teaspoons baking powder, 1 egg, ½ cup dates cut into small pieces.

Cook first four ingredients 10 minutes in double boiler, cool; add egg, dates and flour sifted with baking powder. Beat thoroughly. Bake in quick oven in muffin pans or in loaf.

MUFFINS (no Wheat) Delicious—31

1 cup white cornmeal, 1 cup rolled oats, 1 egg, ¼ cup sugar, ½ teaspoonful salt, 3 teaspoons baking powder, 1 tablespoon fat, ¾ cup milk.

Mix and sift dry ingredients. Add milk and melted fat and egg beaten. Bake in muffin pans about 25 or 30 minutes in moderate oven. All measurements are level.

SOY BEAN MUFFINS—32

1 egg, 1 cup cold baked soy bean pulp, ½ to ¾ cupful milk, 1 teaspoon salt, 2 tablespoons melted fat, 2 cups flour, 3 teaspoons baking powder.

Add the egg well beaten, to the bean pulp. Mix and sift together the dry ingredients and add them alternately with the milk, to the first mixture. Stir in the melted shortening and beat well. Bake in greased muffin pans for twenty-five minutes in a moderate oven. This recipe makes twelve muffins.

"Try Barley Flour—Recipes go with Every Sack—Try it Today
And let Uncle Sam send the White Flour You Save to the Front."

WAR BREADS

Measurements are level.

CORNMEAL OR OATMEAL AND WHEAT—33

2 teaspoons sweetening, 2 cups boiling water, 3 cups flour, $\frac{3}{4}$ cup cornmeal or oatmeal, 2 teaspoons salt, 1 yeast cake, sugar stirred in yeast. Moderate oven, bake 1 hour.

RYE BREAD—BUCKWHEAT—34

2 tablespoons sweetening, 2 cups milk, $\frac{1}{2}$ cup water, 2 tablespoons butter or drippings, 6 cups rye flour, 1 teaspoon salt, $1\frac{1}{2}$ cups white or whole wheat flour, 1 yeast cake. Moderate oven, bake 50 minutes.

RICE AND WHEAT—35

2 teaspoons sugar, 1 cup scalded milk, 1 cup water, 1 cup rice flour, 4 cups wheat flour, 1 yeast cake, sugar stirred with cake, 2 teaspoons salt. Moderate oven, bake 1 hour.

BUCKWHEAT BREAD—36

$\frac{1}{4}$ cup molasses, $1\frac{1}{4}$ cups milk, 1 cup water, 2 tablespoons butter or drippings, $1\frac{1}{2}$ cup white flour, $2\frac{1}{2}$ cups buckwheat flour, 1 teaspoon salt. Moderate oven, bake one hour.

BARLEY BREAD—37

2 tablespoons molasses, 1 cup water, 1 cup milk, 4 cups whole wheat flour, 2 cups barley meal, 1 yeast cake, 1 teaspoon salt. Hot oven, bake $\frac{1}{2}$ to 1 hour.

Directions

Boil the water or scald the milk, add sugar and salt and pour over the fat in the mixing bowl, add the yeast already mixed with a little of luke warm liquid. Stir and knead the flour into mixture. Set aside to rise until double its bulk. Knead, shape and put into greased pans. Let rise to double its bulk again.

Place your order for bread at least 24 hours in advance. This allows the bakery to bake only enough to fill their orders. In San Francisco in one day alone more than 10,000 loaves were not taken by retailers and were returned to bakeries and used as chicken feed.

VEGETABLES

WILD EDIBLE GREENS

Dandelion, wild mustard, wild lettuce, sorrel, water cress, lambs quarter.

CULTIVATED GREENS

Spinach, mustard, kale, kohlrabi, horseradish, beet tops, turnip tops, lettuce, romaine chickory, cardon, chard.

Wash thoroughly to remove sand, cook, parboil if of strong flavor.

No. 18. Nasturtiums may be used as a garnish for potato salad, the leaves and flowers may be used in sandwiches and the young seeds pickled.

BEETS—38

2 cups boiled potatoes diced, 2 cups boiled beets diced, 2 cups thin white sauce, mix and serve.

*"Have you Tried Oatmeal Bread and Cookies,
They are delicious."*

BRAISED CELERY—39

Trim off leaves, split celery including root in 4 pieces; boil or strain until tender, drain, put in pan with 1 tablespoon oil or drippings, 1 tablespoon tomato catsup, 1 tablespoon Worcester-shire sauce, cook 10 minutes, turning often.

SPINACH LOAF—40

2 quarts cooked spinach, 1 cup grated cheese, salt, bread crumbs, 1 tablespoon butter. Mix and bake in moderate oven.

ESCALLOPED CARROTS—41

Grease a baking dish and sprinkle breadcrumbs over the sides and bottom. Put in layers of cooked carrots, breadcrumbs, and milk gravy or cream; sprinkle fine breadcrumbs and bits of butter substitute over the top and bake $\frac{1}{2}$ hour.

POTATO CRATERS—42

Arrange cones of mashed potatoes, make a hole in each and fill with paste, 1 tablespoon oil, 2 tablespoons cheese, paprika, salt. Dust with grated cheese. Brown 20 minutes in hot oven.

SWEET POTATOES—43

6 sweet potatoes, boil 10 minutes, drain and cut in slices, $\frac{1}{2}$ cup molasses, 4 tablespoons water, 2 tablespoons oleomargarine, boil 5 minutes, put potatoes in buttered pan and cover with molasses water and oleomargarine. Bake 30 minutes, basting often.

TOMATO RAREBIT—44

1 pound soft American cheese, $\frac{1}{2}$ pint strained tomato, 1 teaspoon salt, pepper, 1 cup soft white bread crumbs, clove of garlic, 1 teaspoon kitchen bouquet, grate cheese and mix all the ingredients with it, rub the chafing dish with clove of garlic, turn the mixture into the pan and stir rapidly until hot and smooth. Serve at once on toast, accompanied with cucumber salad and French dressing.

ONIONS STUFFED WITH PEANUT BUTTER—45

Select mild onions of medium size, peel and boil until tender, cut center from each to leave thin shell of onion, chop removed onion, add equal quantity fine bread crumbs; for 1 pint material add $\frac{1}{2}$ cup peanut butter, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon paprika or finely chopped chili pepper, mix and use to fill onions, cook in oven 15 minutes, baste with nut milk when setting in oven and twice after. Serve with cream sauce, using milk in dish to flavor.

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MEAT SUBSTITUTES

Using Beans

KIDNEY BEAN STEW—46

1 quart kidney beans, 2 cups water, 2 cups tomatoes, 3 tablespoons Crisco. 1 onion chopped, $\frac{3}{4}$ cup dried celery, 3 small potatoes, salt, pepper and parsley to taste.

Method—Put all the ingredients except the potatoes in a kettle and let simmer $\frac{1}{2}$ hour, add the potatoes, cut in cubes, cook $\frac{1}{2}$ hour longer or until potatoes are done, then add fat if desired.

RED KIDNEY BEANS WITH SPAGHETTI—47

1 cup red kidney beans, 1 cup spaghetti, 1 teaspoon salt, $\frac{1}{2}$ cup strained tomato, 2 tablespoons minced onion, 2 tablespoons olive oil, 2 tablespoons cornstarch, $\frac{1}{2}$ cup grated cheese.

Method—Soak the beans over night, cook in boiling salted water until tender and dry. Cook the spaghetti until soft in boiling salted water. Make a sauce of the tomatoes by sauteing the minced onion in the hot olive oil, adding the flour to thicken, lastly the hot strained tomato. Season well, then add the cooked spaghetti. Pour the beans on a platter, surround with the spaghetti, over which sprinkle grated cheese and serve.

HOMINY BAKED WITH CHEESE—48

Alternate layers of cooked hominy or rice and grated cheese. Moisten with thin white sauce, or a cream tomato soup or $\frac{1}{2}$ can tomatoes. Cover with bread crumbs and bake.

CHEESE AND MACARONI, ITALIAN STYLE—49

1 cup macaroni, 2 tablespoons corn starch or potato flour, salt and paprika, 2 tablespoons Crisco or other fat, $1\frac{1}{2}$ cup scalded milk, $\frac{3}{3}$ cup grated cheese.

Break the macaroni in one inch pieces and cook in boiling salted water until soft. Make a sauce of the flour, fat and milk to which has been added the grated cheese. Drain the hot macaroni, and add to the sauce, cooking until the cheese is melted. Season with salt and paprika. Turn out on a serving dish, and sprinkle with chopped parsley. (Chopped ham sprinkled on top makes a tasty dish when not in war-time.)

TURKISH PILAF—50

3 cups rice, $1\frac{1}{2}$ cups tomatoes, $1\frac{1}{2}$ cups water, 2 cups chopped meat.
Not a meat substitute as it contains meat.

RICE CROQUETTES—51

Served With Cheese Sauce

Place in baking dish alternate layers of rice and meat; cover with bread crumbs and brown in moderate oven.

GNOCCI A LA ROMAINE—52

2 cups milk, $\frac{1}{2}$ cup cornstarch, $\frac{1}{4}$ cup oleo, 2 egg yolks, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon paprika, $\frac{1}{2}$ cup grated cheese.

Scald $1\frac{1}{2}$ cups milk; add cornstarch mixed with rest of milk, cream oleo; add other ingredients to it; stir gradually into milk mixture; cook until the cheese is melted, turn into buttered pan to make a sheet $\frac{1}{2}$ inch thick. When cold cut with cookie cutter, sprinkle with grated cheese and set another piece on top. Place in hot oven for 10 minutes. Serve with green salad or cooked fruit.

BAKED PETALUMA CHEESE—53

Sprinkle Petaluma cheese with paprika and $\frac{1}{2}$ teaspoon sugar. Cover and set in hot oven for 5 minutes or until it puffs up. Serve immediately with marmalade and toasted crackers.

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SHIRRED EGGS A LA MORNAY—54

1 cup milk, 2 tablespoons cornstarch, 2 tablespoons oleo, $\frac{1}{4}$ teaspoon paprika, 3 eggs, $\frac{1}{4}$ cup grated cheese, $\frac{1}{4}$ teaspoon salt.

Break an egg into a greased cup, pour over $\frac{1}{3}$ of the white sauce. Set the cups in pan of hot water and leave in oven until eggs set.

SOY BEAN LOAF WITH TOMATO SAUCE—55

$\frac{1}{2}$ pound soy beans, 3 teaspoons salt, 1 small onion, chopped fine, $\frac{1}{4}$ teaspoon pepper, 2 cups dry bread crumbs, 2 eggs, well beaten, 2 cups milk.

Pick over and wash beans and soak them overnight. Drain and cook with the salt until tender. When done, drain, mash and cool; add all the other ingredients. Bake in a well greased loaf pan for half an hour in a moderate oven. Serve with plenty of well seasoned tomato sauce.

SOY BEANS AND RICE—56

1 pound soy beans, 2 large onions, 2 large green peppers, 1 large slice bacon, 2 tablespoons olive oil, 6 drops tabasco sauce, 1 tablespoon Worcestershire sauce, $\frac{1}{2}$ teaspoon paprika, $\frac{1}{2}$ teaspoon soda, salt, boiled rice.

Pick over and wash the beans; soak them in cold water to cover overnight. In the morning drain; add water to cover, onions and green peppers sliced, and the soda. Let this come to a boil, then add a tablespoon of salt. Simmer 2 hours; add the bacon cut into small pieces, the Worcestershire, tabasco, and paprika; add more salt if needed. Let this simmer one hour or until the beans are soft, then in a small frying pan heat the olive oil; add six tablespoons of the beans with their liquor, and with a large spoon or fork crush and mix the beans with the oil. Let cook for five minutes: add it to the rest of the beans. Stir well and serve with rice.

ENGLISH MONKEY—57

4 cups bread crumbs, 2 cups milk, $\frac{1}{4}$ cup grated cheese, salt and pepper.

Heat bread crumbs and milk; add cheese and stir till cheese is melted. Serve on toast.

NUT LOAF (I)—58

$\frac{3}{4}$ cup cooked corn meal, $\frac{1}{4}$ cup sifted bread crumbs, 2 cups nut meats ground, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{2}$ teaspoon thyme, $\frac{1}{2}$ teaspoon sage, 1 egg.

Mix all ingredients with well beaten egg, shape into cakes and bake in oven 20 minutes. Serve with tomato sauce and baked bananas.

NUT LOAF (II)—59

1 cup chopped nuts, 1 egg (well beaten), 1 cup boiled rice, $\frac{1}{8}$ teaspoon celery salt, 1 cup bread crumbs, 2 tablespoon onion, finely minced.

Mix above ingredients with well beaten egg. Bake and baste with drippings and water. Any left-over cereal may be used in place of rice. (Serves 8.)

MOCK BEEF STEAK—60

1 cup cereal, 4 cups water, 1 teaspoon salt, $\frac{3}{4}$ cup ground nut meats, 2 tablespoon chopped pepper.

Cook 2 hours, turn into bread pan; when cold cut in slices; brush with olive oil and broil; serve with tomato sauce.

TOMATO SAUCE—61

1 can tomatoes, 2 cups water, 4 cloves, 4 pepper corns, 2 teaspoons mixed herbs, 4 sprigs parsley, 2 tablespoons chopped onion, 2 tablespoons Crisco, $2\frac{1}{2}$ tablespoons cornstarch, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, f. g. cayenne.

Boil the tomatoes with spices and herbs together in a saucepan. Heat the Crisco in a frying pan and in this cook the cut-up onion. Slowly add the cornstarch, stirring to keep from lumping. Add to the hot tomato. Add the salt, pepper and cayenne. Let cook to thicken, then strain over the fish.

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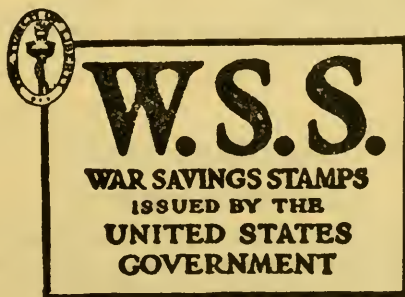
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BEANS AND LENTILS—62

4 cups white beans (cooked), $1\frac{1}{2}$ teaspoon molasses, 2 teaspoon vinegar, $\frac{1}{4}$ teaspoon mustard, $\frac{1}{8}$ teaspoon pepper.

Drain water from cold boiled beans; mash and mix with other ingredients. Form into cakes and bake on both sides on a griddle.

SPLIT PEA LOAF—63

4 cups split peas, cooked; 2 cups bread crumbs, 1 beaten egg, 1 teaspoon minced onion, 1 tablespoon minced parsley, celery or other flavoring, salt and pepper to taste.

(A little grated lemon peel and 1 teaspoon lemon juice added gives a good flavor.)

VEGETABLE TURKEY—64

2 cups bread crumbs, 2 cups chopped peanuts or walnuts or mixed, 2 eggs beaten, 2 tablespoons Crisco or other fat seasonings.

Mix the above ingredients, seasoning with salt, pepper and a little bit of powdered sage. Add sufficient water or milk, to make very moist, put into a greased and floured pan and bake. Serve with a good meat sauce.

NUT AND BARLEY ROAST—65

1 pint boiled pearl barley, 1 cup fine bread crumbs (use any of the white breads, save wheat, 1 cup chopped nuts, $2\frac{1}{2}$ tablespoons Crisco, 1 cup water or stock, 1 onion, 2 tablespoons browned flour, $\frac{1}{4}$ teaspoon nutmeg.

Fry the onion in the fat, add the browned flour, and water or stock, and boil three minutes. Mix with the other ingredients and season with salt and pepper to taste. Put in a greased pan, and bake in a hot oven 45 minutes. Baste frequently. Serve with tomato, olive or caper sauce.

BARLEY SURPRISE—66

$\frac{1}{2}$ cup barley, 1 quart water (cook till soft—drain), 2 cups cooked, chopped left-over meat, $\frac{1}{2}$ cup tomato sauce or stock, seasoning.

Line mold with barley. Fill with seasoned meat. Cover with barley. Bake or steam 40 minutes. (Serves 8.)

TO COOK RICE**PLAIN BOILED WHITE RICE**

After washing the white rice in cold water until water clears, use 1 part rice to $1\frac{1}{4}$ parts cold water for cooking, bringing to boiling point quickly, then slow fire down just so it does not boil over. Cook thirty minutes. Do not stir or add more water or uncover. When done leave in kettle until serving. A flat bottom black iron porcelain-lined heavy kettle should be used. Seasoning of any kind tends to destroy the natural sweetness and delicate flavor. Rice should be eaten plain.

16 ounces of a good quality white rice dry will make 43 ounces when cooked according to these directions.

PLAIN BOILED NATURAL RICE

Using 1 part brown or natural rice to 3 parts cold water, bring to boiling point quickly, then slow fire down just so that it does not boil over. Cook forty minutes. Do not stir or add more water or uncover. When done leave in kettle until serving. A flat bottom black iron porcelain-lined heavy kettle should be used. Seasoning of any kind tends to destroy the natural sweetness and delicate flavor. Rice should be eaten plain as a vegetable, with meat, fish or beans.

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PUDDINGS

EGGLESS PLUM PUDDING—67

1 cup bread crumbs, 2 cups rye flour, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 cup chopped suet, 1 cup seeded raisins, 1 chopped apple, 1 cup molasses, 1 cup milk.

Mix the dry ingredients thoroughly, add the suet and the prepared fruit. Mix well and add gradually the molasses and milk, steam $2\frac{1}{2}$ hours. Serve with hard sauce.

ECONOMY PUDDING—68

Line greased pudding dish with layer of apples, then layer of stale crumbled cake, a sprinkling of chopped walnuts, repeat, bake in oven about 20 minutes, sure. Thicken cornstarch in 1 cup of water (cold), while hot beat in half cupful of maple syrup and small piece of butter. Instead of maple syrup, fruit juices may be used.

SQUASH DESSERT—69

Do not peel squash, cut off top and bottom, trim slightly and boil, when soft mash and add $\frac{1}{4}$ cup brown sugar, salt, cinnamon, $\frac{1}{8}$ teaspoon ginger and $\frac{1}{2}$ pint squash, add 2 beaten eggs, $\frac{3}{8}$ pint of milk, cook in unbuttered molds and bake. Serve 8 people.

INDIAN PUDDING—70

4 tablespoons cornmeal, 6 cups milk, salt, $\frac{1}{2}$ cup sugar, 1 teaspoon cinnamon, little ginger, stir cornmeal into 3 cups cold milk placed in double boiler and stirred until it thickens, add $\frac{1}{2}$ cup molasses, 1 egg and remaining 3 cups milk, pour mixture into baking dish. Cook in slow oven 4 hours.

CARROT PUDDING—71

$\frac{1}{2}$ cup grated carrots, $\frac{1}{2}$ cup mashed salted potatoes (no milk), $\frac{1}{2}$ cup chopped suet, $\frac{1}{2}$ cup seeded raisins, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup flour, $\frac{1}{2}$ teaspoon soda dissolved in water, season with spice to suit taste. Mix ingredients in order named. Steam 1 hour. This amount serves 6 persons, serve with hard sauce.

CHOCOLATE CEREAL PUDDING—72

1 cup left over breakfast cereal, 2 tablespoons chocolate, $\frac{1}{4}$ cup sugar, cinnamon to taste, white of one egg, mix chocolate, sugar and cinnamon and add to cereal, fold in stiffly beaten white, mold, chill. Serve with whipped or plain cream. Serves 6.

TAPIOCA CORNMEAL PUDDING—73

5 tablespoons minute tapioca, 4 tablespoons cornmeal, 5 cups skim milk, $\frac{1}{3}$ cup molasses, $\frac{1}{3}$ cup sugar, 3 tablespoons butter, $\frac{1}{2}$ teaspoon salt. Combine the tapioca (minute), cornmeal, sugar and salt; add gradually the skim milk. Cook in a double boiler fifteen minutes, then add the molasses and fat, and cook about thirty minutes or until thick. Serve with whipped cream.

SPANISH CREAM—74

1 tablespoon gelatin, 2 cups milk, 2 eggs, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon vanilla. Pour the milk over the gelatine and let stand one hour; strain, put on the stove and let come to a boil; stir in the beaten yolks of the eggs and the sugar; cook one minute. Take from stove and add the whites whipped stiff; flavor, pour into moulds. Serve with cream.

CAKES AND COOKIES

WAR CHOCOLATE CAKE—75

2 oz. chocolate, $\frac{1}{2}$ cup milk, yolk of egg, 1 cup sugar, 1 tablespoon butter substitute, 1 teaspoon vanilla, $1\frac{1}{2}$ cups rye flour, 1 teaspoon baking powder, 1 teaspoon soda; dust with powdered sugar. Cook in double boiler until it thickens.

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SPONGE CAKE—76

Separate 4 eggs, beat yolks thick, add 1 cup sugar ($\frac{3}{4}$ or 1 cup will do), beat well, pinch of salt, beat whites stiff, sift $\frac{1}{2}$ cup potato flour, 1 teaspoon baking powder into yolks, then add the beaten whites. Bake slowly in moderate oven, 30 minutes. Makes 12 cakes in muffin tins.

CAKE—77

Yolk 4 eggs, 1 cup sugar well beaten, add $2\frac{1}{2}$ soda crackers rolled fine, 1 cup chopped nuts, beaten whites. Bake in moderate oven, spread mashed berries on top and thin layer of whipped cream.

HOOVER COOKIES—78

2 cups brown sugar, butter (size of small egg), 2 well beaten eggs, $\frac{3}{8}$ cup milk, 1 cup chopped raisins or currants, $1\frac{1}{2}$ cups white flour, $\frac{1}{2}$ cup bran flour, 1 teaspoon baking powder, 3 cups golden rod oats, or enough to make stiff batter, and salt. Drop from spoon into greased pan, bake in very slow oven.

SPICE CAKE—79

1 cup brown sugar, 2 tablespoons fat or butter, $\frac{1}{8}$ teaspoon salt, 1 egg well beaten, 1 cup sour milk or buttermilk, $\frac{1}{2}$ cup wheat flour, $1\frac{1}{2}$ cups rye flour, 1 teaspoon soda, 1 teaspoon cinnamon, $\frac{1}{4}$ teaspoon cloves, 1 cup chopped nuts, 1 cup washed seeded raisins.

Mix in the order given, bake in moderate oven.

CORNMEAL NUT PATTIES—80

1 cup cooked cornmeal, 1 slice pimiento, 3 tablespoons chopped nuts, $\frac{1}{4}$ teaspoon baking powder, 1 tablespoon chopped pickle, salt and pepper. Mix, shape. Brown in oven or saute. May substitute other cereal. (6 patties.)

PEANUT DROP COOKIES—81

Beat $\frac{1}{4}$ cup sugar in $\frac{1}{2}$ cup shortening, beat in $\frac{1}{2}$ cup honey, $\frac{1}{2}$ cup chopped peanuts, 1 egg beaten light, $1\frac{1}{2}$ cup flour, $\frac{1}{4}$ cup barley flour, $\frac{1}{2}$ teaspoon salt, 3 teaspoons baking powder. Drop in greased pan by teaspoonful, put $\frac{1}{2}$ peanut on top of each. Bake in quick oven.

BARLEY DROP MOLASSES COOKIES—82

Cream, $\frac{1}{4}$ cup shortening, beat in $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup molasses, 1 egg beaten light, $\frac{1}{2}$ cup thick sour milk, sift together 1 cup wheat flour, $\frac{1}{2}$ cup barley flour, 1 teaspoon soda, $\frac{1}{2}$ teaspoon salt, 1 teaspoon ginger, $\frac{1}{2}$ teaspoon cinnamon. Mix liquid and dry ingredients. Drop on greased tin. Bake in quick oven.

BARLEY LEMON QUEENS—83

Grate rind of lemon in bowl in which is $\frac{1}{2}$ cup butter or other fat; cream fat, beat in gradually 1 cup sugar, beaten yolks of 4 eggs, 2 tablespoons lemon juice, sift together $\frac{7}{8}$ cup sifted flour, $\frac{1}{4}$ cup sifted barley flour, $\frac{1}{4}$ teaspoon soda. Beat flour into butter and egg yolks. Beat in whites of 4 eggs beaten light. Bake in cup cake tins.

BUCKWHEAT DROP COOKIES—84

$\frac{1}{4}$ cup Crisco, $\frac{1}{2}$ cup sugar, 2 eggs, $\frac{1}{4}$ cup milk (scant), 1 teaspoon lemon juice, $\frac{1}{4}$ cup buckwheat, $\frac{1}{2}$ cup flour, 2 teaspoons baking powder, $\frac{1}{4}$ teaspoon salt, 1 cup chopped nuts.

Combine as cake. Drop by spoonfuls on a baking sheet two inches apart. Bake 10 minutes in a moderate oven. (Makes 3 dozen.)

HONEY CAKES—85

3 tablespoons fat, 1 cup honey, 1 egg, well beaten, $1\frac{1}{4}$ cups wheat flour, $\frac{3}{4}$ cup rye, rice, corn or buckwheat flour, 4 teaspoons baking powder, 1 teaspoon cinnamon, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ cup water, scant.

Mix dry ingredients; rub in the fat; add honey and egg; add water; bake in muffin tins. (Makes 20 to 24 small muffins.)

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SUGAR SUBSTITUTES

FRUIT PUNCHES FOR AFTERNOON TEAS

86

1 quart cold water, $\frac{1}{2}$ cup lemon juice, 2 cups chopped pineapple, 1 cup orange juice, glucose or Karo syrup to taste.

Method—Combine water, glucose and pineapple, let cook about 20 minutes, add the strained fruit juices, let cool and dilute with sufficient ice-water to retain pleasant flavor.

87

1 cup water, $1\frac{1}{2}$ cup glucose or Karo syrup, 1 cup tea infusion, 1 quart Apollinaris water, 2 cups strawberry syrup or juice, juice of 5 lemons, juice of 5 oranges, 1 can grated pineapple, 1 cup Maraschino cherries.

Method—Make a syrup of water and sweetening; add the tea and fruit juices and grated pineapple, let stand $\frac{1}{2}$ hour, strain and add sufficient ice-water to make $1\frac{1}{2}$ gallons of liquid. Put in a large bowl with block of ice and add the cherries and Apollinaris just before serving.

88

$\frac{1}{2}$ to 1 cup glucose, 1 cup hot tea infusion, $\frac{3}{4}$ cup orange juice, $\frac{1}{3}$ cup lemon juice, 1 pint ginger ale, 1 pint Apollinaris water, few slices orange.

Method—Combine tea and glucose, stir well; add the fruit juices, strain into a punch bowl over a large piece of ice. Just before serving add ale, Apollinaris and slices of orange.

89

9 oranges, 6 lemons, 1 cup grated pineapple, 1 cup strawberry or raspberry syrup, $1\frac{1}{2}$ cups tea infusion, $1\frac{1}{2}$ to 3 cups glucose, 1 cup hot water, 1 quart Apollinaris water.

Method—Mix the fruit juices, syrup and tea together, make a syrup of water and glucose; pour into punch bowl over block of ice; chill thoroughly and add Apollinaris just before serving.

GINGER PUNCH—90

1 quart cold water, 1 to $1\frac{1}{2}$ cups glucose or Karo, $\frac{1}{2}$ pound Canton ginger, $\frac{1}{2}$ cup orange juice, $\frac{1}{2}$ cup lemon juice.

Method—Chop the ginger; combine with water and glucose; boil 15 minutes; add fruit juices, cool; strain and dilute with crushed ice.

AFTERNOON TEA CAKES

NUT MACAROONS—91

White of 1 egg, 1 cup brown sugar, 1 cup pecan nut meats finely chopped, $\frac{1}{4}$ teaspoon salt.

Method—Beat the egg white until light and add gradually while beating constantly the sugar. Fold in the finely chopped nut meats and sprinkle with salt. Drop from tip of spoon one inch apart on a buttered sheet and bake in a moderate oven until delicately browned.

NUT BARS—92

2 tablespoons brown sugar, $\frac{1}{4}$ cup Crisco, $\frac{1}{4}$ cup boiling water, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup flour, $\frac{1}{8}$ teaspoon salt, 2 tablespoons English walnut meats finely chopped, halves of walnuts or almonds.

Method—Put the 2 tablespoons of sugar on fire in saucepan and let heat a little; then add the shortening and water; let boil two minutes. Remove from fire and add remaining sugar, flour mixed with salt and the walnut meats. Spread as rolled wafers, crease in two inch squares and lay a nut meat on top. Bake in a slow oven, removing from pan as soon as done.

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SMALL CAKES FOR RECEPTIONS, ETC.—93

3 eggs, $\frac{1}{4}$ cup Crisco, $\frac{1}{2}$ cup brown sugar, 3 squares Baker's chocolate, 1 cup stale bread crumbs, 3 tablespoons barley flour.

Method—Beat the eggs until light; cream the Crisco by softening it a little, add the sugar; combine with the eggs, then add the chocolate melted, bread crumbs and flour; spread the mixture in a shallow greased pan, and bake in a slow oven. Shape with a small biscuit cutter and put together in pairs, putting maple sugar cream or any other filling between and on top.

COCOANUT CAKES—94

$\frac{1}{2}$ pound fresh grated cocoanut, $1\frac{1}{2}$ egg whites, 6 ounces sugar and glucose mixed.

Method—Cook the cocoanut, sugar and glucose in double boiler until mixture clings to the spoon, add the whites of the eggs, stir vigorously, and cook until mixture feels sticky when tried between the fingers. Spread in a wet pan cover with wet paper, and chill on ice. Shape in small balls, first dipping hands in cold water. Bake in slow oven on a tin sheet greased with paraffin for 20 minutes.

MAPLE SUGAR CREAM—95

1 pound soft maple sugar, $\frac{1}{2}$ cup boiling water, 2 egg whites.

Method—Break the sugar in small pieces, put in saucepan with boiling water and stir occasionally until sugar is dissolved, boil without stirring until syrup will thread when dropped from tip of spoon; pour the syrup gradually over the stiffly beaten egg whites, beating the mixture constantly and continue beating until right consistency to spread.

ICES FOR AFTERNOON RECEPTIONS OR TEAS

PINEAPPLE FRAPPE—96

2 cups water, $\frac{3}{4}$ cups Karo or 1 cup glucose, juice 3 lemons, 2 cups ice water, 1 can grated or 1 shredded pineapple.

Method—Make a syrup by boiling together the water and Karo, or glucose. Add the fruits and juice; cool; strain; add the ice water and freeze to a mush, using equal parts of ice and salt. More sweetening may be needed if fresh fruit is used.

APRICOT SORBET—97

1 can apricots, 1 cup glucose or $\frac{3}{4}$ cup Karo, $\frac{1}{2}$ cup wine, red or white, $\frac{1}{4}$ cup lemon juice, 1 pint cream.

Method—Drain the apricots, rub the pulp through a sieve and combine with fruit syrup; add sweetening, wine and lemon juice, freeze to a mush; fold in the cream whipped. Let stand to chill $1\frac{1}{2}$ hours. Serve in glasses.

FROZEN PEACHES OR APRICOTS—98

1 can fruit, $1\frac{1}{2}$ cups glucose or 1 cup Karo water.

Method—Drain the fruit from its syrup, cut in small pieces. To the syrup add sufficient water to make 4 cups, cook with sweetening for about 5 minutes; strain; add the cut fruit; cool and freeze. 2 cups whipped cream may be added after mixture is frozen to a mush, if so desired. Continue freezing.

STRAWBERRY ICE—99

4 cups water, 2 cups glucose or 1 cup Karo, 2 cups strawberry juice, 1 tablespoon lemon juice.

Method—Make a syrup with the water and sweetening; cool; add the mashed fruit; add lemon juice and freeze. Use 3 parts ice to 1 part salt for freezing.

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CANDIES MADE WITHOUT THE USE OF CANE OR BEET SUGAR

MAPLE FUDGE—100

1 pound maple sugar, 2 tablespoons butter, 1 cup milk, 1-16 teaspoon salt, 1-16 teaspoon soda.

Method—Melt butter and sugar, add the soda and bring to boiling point, add the milk slowly, stirring constantly, add salt, cook without stirring until it forms a soft ball when dropped in cold water. Let stand in cold water until it cools, then beat until it can be handled. Pour out in greased pan. Mark and cut in shape desired.

CLAIRE CREAMS—101

2 cups brown sugar, 1 cup cream, 1 cup nuts, 1 cup candied cherries, 1 pound marshmallows.

Method—Boil the cream and sugar together to "soft ball" stage, beat until creamy and add $\frac{1}{2}$ cup chopped nut meats. Pour out in pan, as other fudge. Melt the marshmallows, stirring constantly. When soft, add the second half of chopped nut meats and cherries chopped. Pour this mixture over top of fudge mixture.

MOLASSES CANDY—102

3 cups brown sugar, $\frac{1}{2}$ cup molasses, 1 cup water, 1 tablespoon butter, $\frac{1}{2}$ teaspoon soda, 2 tablespoons vanilla.

Method—Cook all the ingredients together except the soda and vanilla—until the mixture cracks when dropped into cold water. Beat in the soda and vanilla, then pour on a buttered plate. Draw the edges in toward center until cold enough to handle; pull until smooth and light colored. Cut into inch pieces with sharp scissors.

BUTTER SCOTCH—103

3 cups brown sugar, $\frac{3}{4}$ cup water, 2 tablespoons butter, $\frac{1}{2}$ teaspoon soda, 1 teaspoon flavoring, few grains salt.

Method—Boil together all the ingredients until a thread is formed when dropped from a spoon. Pour into hot, greased pans, crease, and let stand until hard.

BUTTERCUPS—104

2 cups molasses, 2 tablespoons butter, 1 cup brown sugar, $\frac{1}{2}$ cup boiling water.

Method—Cook all the ingredients together until brittle when tried in cold water. Pour onto a hot, greased platter. Pull when cold enough to handle; shape in a sheet two inches wide; cover with a layer of molasses candy, then another layer of the first mixture—press together and cut into inch pieces.

CHOCOLATE CARAMELS—105

$\frac{1}{4}$ pound grated unsweetened chocolate, 4 ounces butter, 1 pound brown sugar, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup cream, 1 teaspoon vanilla powder.

Method—Put all the ingredients into a saucepan and cook over a slow fire until thoroughly mixed, stirring constantly, then allow to boil slowly without stirring, to the "crack" stage (or until it cracks when dropped into cold water), pour out into greased, shallow pans, about $\frac{1}{2}$ inch thick; let partially cool, cut through part way into inch squares, using a sharp knife dipped in olive oil. When cold and hard, break caramels apart and wrap in waxed paper.

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COFFEE CARAMELS—106

1 cup molasses, 1 cup brown sugar, 2 ounces butter, 3 tablespoons strong coffee infusion (2 ounces coffee to $\frac{1}{2}$ cup water.)

Method—Put the molasses and sugar into granite saucepan and stir over moderate fire until sugar is dissolved, then boil slowly to the "soft ball" stage; add butter and coffee flavoring. Continue boiling until the mixture is hard and brittle when tried in ice-water. Finish as with chocolate caramels.

NUT CARAMELS—107

Make chocolate caramels, and when mixture has reached the "crack" stage, stir in $\frac{1}{2}$ pound each of finely chopped almonds and English walnuts. Finish same as for chocolate caramels.

BITTER SWEETS—108

An attractive variety of candies may be made by dipping sweet fruits in bitter chocolate. Use for this purpose dates, citron, candied orange peel or crystallized fruit. Melt unsweetened chocolate in a double boiler. Keep the chocolate just warm enough to prevent solidifying. With a silver fork drop pieces of fruit in chocolate. See that each piece is completely coated, then remove to waxed paper to harden.

STUFFED DATES—109

Remove the stones; fill with peanuts, walnuts, hickory nuts or any nuts available. Peanut butter makes a good filling that is different. Press dates in shape and roll in granulated sugar, chopped nuts or a mixture of cocoa and powdered cinnamon.

CHOCOLATE DAINTIES—110

Put through the meat chopper $\frac{1}{2}$ cup each of dates, figs, and nut meats; add one tablespoon orange juice, a little grated orange peel, and one square of melted unsweetened chocolate. Mould into balls and roll in chopped nuts or granulated sugar. This mixture may be packed in an oiled tin, put under a weight until firm, then cut in any shape desired.

MAPLE CREAMS—111

Boil one cup maple sugar with one cup water until it forms a soft ball when dropped in cold water. Remove from the fire and stir rapidly until it becomes creamy. Form into balls the size of marbles and put nut meats on either side. Lay on wax paper to cool.

FRUIT PASTE—112

Put through the meat chopper enough cherry, peach or quince preserves to make a half-pint with the juice. Heat fruit and add two tablespoons of gelatine, previously softened in a very little cold water. Stir well, and continue stirring until it begins to cool and thicken, then pour into oiled dish to make a layer one-inch thick. Let dry slowly, sprinkle with sugar and place in box with waxed paper between the layers. A mixture of dried apricots and dates may be used for this paste. Wash apricots and soak over night in enough water to cover. Pour off water, bring to a boil, pour over apricots and let stand till cool. Put apricots and dates through a meat chopper and proceed with the proportions as given.

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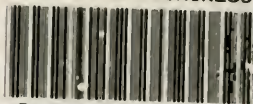
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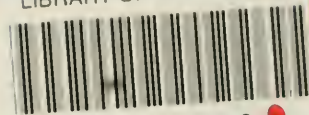
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